

East Longmeadow Recreation Department

SUMMER PROGRAMS 2008

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Administrative Staff

Carolyn Porter, M.Ed.,
Recreation Director

Carol E. Shank
Secretary

Jean La Broad
Part Time Secretary

Recreation Commission

Richard Paige, Chair
Nancy Roberts, 1st Vice Chair
Michael O'Neill, 2nd Vice Chair
Carolanne Elmendorf
Faith Leahy
Richard Matuszczak
John O'Heir
Mike O'Shea
Mike Salvon

OFFICE LOCATION & HOURS

Pleasant View Building

328 North Main Street

Phone: 525-5437

Office Hours: Monday – Friday

8:00 a.m. to 4:00 p.m.

Town Web Page: www.eastlongmeadowma.gov

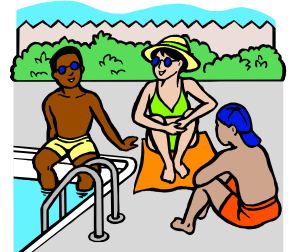
All Program Descriptions, Fees, Dates and Times are Subject
to Change.

PINE KNOLL RECREATION AREA FAMILY MEMBERSHIPS – 2008

Pine Knoll Recreation Area is entering the 12th season of operation. Family and Individual Memberships allow for the use of the Pool and other facilities during specific hours. Children under 16 must be supervised by an adult when in the pool area. Pool is open 9am to 7pm however 9am-4 pm the Pine Knoll day program uses the pool extensively. Saturday and Sunday the pool is open 11 -7pm. Hours subject to change.

Pool Membership Passes Fee Structure:

RESIDENTS:	FEE	ACTIVITY CODE
Sr. Citizens (Single)	\$45.00	130200-A
Sr. Citizens (Couple)	\$55.00	130201-A
Adults (Individual)	\$65.00	120200-A
Adults (Couple)	\$75.00	120201-A
Family (3 or more)	\$95.00	130300-A



NON-RESIDENTS: All non-residents will be required to pay a \$50.00 facility improvement fee, along with the seasonal pass fee.

Sr. Citizens (Single)*	\$65.00	130202-A
Sr. Citizens (Couple)*	\$75.00	130203-A
Adults (Individuals)*	\$85.00	120202-A

PINE KNOLL RECREATION AREA SITE RENTAL

Rental of Facilities for a “Family Reunion”, “Birthday Party” or other social gathering is possible. Cook up a hearty meal on the charcoal grills at the Pine Lodge Picnic Pavilion. Get your friends together for a game of basketball, sand volleyball, softball, kickball, soccer or tennis. Please contact the Recreation Department for details.

Pine Knoll is an Alcohol Free Zone and Family Friendly



COMPETITIVE SWIM – HIGH SCHOOL POOL

This program is offered to boys and girls ages 6 – 18 who want to develop their swimming skills, be part of a team and make new friends. Swimmers get in excellent physical condition as they learn and improve the four competitive swimming strokes. Swimmers **must** be able to complete 25 yards freestyle to participate and attend practice 2x/week.

Practices are held Monday through Thursday. Swim Meets are usually held during the week beginning in late June. The season starts with practices on Monday, May 5, 2008 and ends with the Championships end of July. Coaches will determine the best practice schedule for your child.

Registration will be held at the High School Cafeteria from 7:00 to 8:00 p.m. on Wed, April 30th. Registration may be made in the Recreation Office after March 1st.

The program fee is **\$90.00 resident swimmer** and **\$110 nonresident swimmer** and must be paid prior to participating. Reduced price of **\$50 for High School swimmers who are also participating in a spring sport.** Activity #110206 A



AEROBICS PROGRAMS – PLEASANTVIEW

Aerobics—Summer—Pleasant View (Monday and Wednesday 6:00 to 7:00 p.m.)
Open to 16 yrs of age and Older. Cost for the eight (8) week program will be \$35.00 resident. Additional \$15 nonresident fee. Senior Discount: \$5 for 60 and up.
This program will run from July 9th to August 27th. **Program (120101-B).**

Aerobics—Summer—Pleasant View (Tuesday and Thursday 5:00 to 5:55 p.m. or 6:05 to 7:00pm)
Open to 16 years of age and Older. Cost for the four (4) week program will be \$15.00. Senior Discount: \$5 for 60 and up. This program will run from July 5th to July 26th. **Program (120101-A).**



- **NEWLY REFRESHED TENNIS PROGRAMS** -

SUMMER YOUTH TENNIS INSTRUCTION

Ages 6 - 10 years of age by start of program. Beginners and Intermediate Level of Instruction and Play
The program will meet daily Monday to Friday 9:00am - Noon at High School Courts



Ages 11 - 18 years of age by start of program. Beginner thru Advanced Level of Instruction and Play
The program will meet daily Monday to Friday 1:00pm to 4:00 pm at High School Courts

Cost per session is \$85.00 for one week per person, any additional sessions for the same person will be \$75/ week.
See Sessions Schedule below:

- | | |
|--|--|
| Session #1 - June 23 to June 27 (112101-A) | Session #5 - July 21 to July 25 (112101-E) |
| Session #2 - June 30 to July 3 (112101-B) | Session #6 - July 28 to Aug 1 (112101-F) |
| Session #3 - July 7 to July 11 (112101-C) | Session #7 - Aug 4 to Aug 8 (112101-G) |
| Session #4 - July 14 to July 18 (112101-D) | Session #8 - Aug 11 to Aug 15 (112101-H) |

PEE WEE TENNIS PROGRAM



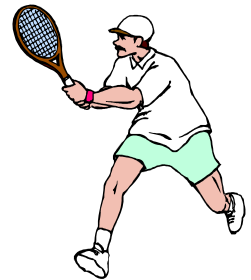
Ages 3.5 to 6 years of age by start of program. This program will consist of: Skills, Games and FUN.
The program will meet daily Monday to Friday 9:00am - 10:00 am at High School Courts

Cost per session is \$45.00. Sessions are as follows:

- | | |
|---|---|
| Session #1— June 23 to June 27 (112100-A) | Session #4— July 21 to July 25 (112100-D) |
| Session #2— July 7 to July 11 (112100-B) | Session #5— July 28 to Aug 1 (112100-E) |
| Session #3— July 14 to July 18 (112100-C) | Session #6— Aug 4 to Aug 8 (112100-F) |

ADULT TENNIS PROGRAMS

CARDIO TENNIS CLINIC - For Adults of any skill level of tennis interested in a cardio work out. Limited to an enrollment of 10 participants. 5:30 –6:30 pm Weds beginning May 21
Held at Pine Knoll. Pre register for 6 sessions for \$42 or reserve a slot over the phone at Rec Office and pay on site \$8.00 per session. **Activity # 112102 A**



LEARN TENNIS IN THREE WEEKS - For Adults who want to learn to play Tennis
Enrollment limited 10. Fridays 5:00pm - 6:30pm Sessions Beginning May 23 and rolling through the summer, Held at Pine Knoll.
Pre registration required by May 16th. **Activity # 112104 A** Fee: \$30 per person

ADULT or FAMILY TENNIS LESSONS

A Beginner and Advanced Beginner program geared for the family or group of friends 6 or less. The program will start in May. Please schedule appointments through the Recreation Department. The program would be offered during evening hours on Tuesdays or Thursdays

Activity # 112105 A Semi-private \$32 (6 or less participants) **Activity # 112105 B** Private \$28 (3 or less participants)

U. S. TENNIS ASSOCIATION - **Adult and Youth Leagues Forming in Pioneer Valley** - **May 21 - July 2**

Adults: Wanted: Men & Women (19 +) interested in playing against players in other communities. Be part of a team to represent East Longmeadow. This league is geared for 2.5 or advanced beginners and above with minimal match play experience required. For a fuller description contact the Rec. Office. **Register by May 4th - Activity # 112106 A - Fee: \$55**

Youth: Wanted: Young people under the age of 18 are invited to come out for the East Longmeadow Junior Team. Play against other communities on Wednesday nights. Practices on Monday nights. **Register by May 4th - Activity # 112106 B - Fee: \$55**

★ **How to Watch a Good Program Die** ★

Nothing kills a recreation program faster than residents who wait until the last minute to register. There is a point when a program must be canceled or modified if there is insufficient registration. All programs require a high level of coordination, often including facility scheduling, staffing, volunteer recruitment and purchasing of supplies. ***Please Register Early***



Mad Science of Western New England - Week long programs

"3-2-1 Blast Off" - Rocket Week

June 16-20

9:00am -Noon

Spend a week exploring rockets and the science behind space travel! Get a sense of what it is like to live and work in space like a real Astronaut. We'll investigate various types of rockets and you'll build your own rocket! Get ready to count down because we'll launch a variety of rockets that can soar over 300 feet up! Children will also explore the concepts of altitude and altitude tracking as they become certified as Mad Science Rocketeers. The fun doesn't stop when the week is over because you'll take home your own rocket. You can even purchase an additional (optional) complete rocket launching kit to continue this "out of this world explorations at home. *Ages 7-12 or entering Grades 2-6* Activity # 211601 C Program fee: \$160

Red Hot Robots!

July 7-11

9:00am -Noon

Delve into the fascinating world of robotics and machines in this weeklong program. Students will construct their own robots while gaining a working knowledge of the science of circuits, wheels, gears, and sensors. Students will build a motorized robot, most likely one that can be set up to walk on 4 or 6 legs or to move like a monkey hand over hand down a rope. They will also learn about simple machines and how they, like robots, are used to make life easier. Robots go home on the last day of the program.

All supplies included. *Ages 8-12 or entering Grades 3-6.* Activity # 211601 B Program fee: \$180

Secret Agent Laboratory: James Bond Edition

August 18-22

9:00 -Noon

Develop your special agent and detective skills in this super hands-on week of fun! Uncover the science involved in evidence-gathering and analysis. Become a super sleuth and discover many of the science-based "tricks" that spies use. Form decoding messages to metal detectors and night vision, campers will have the opportunity to check out spy equipment and discover the exciting technological tools of detection.

Ages 7-12 or entering Grades 2-6 Activity # 211601 D Program fee: \$160

Fall Cheerleading Program

The Youth Cheerleading Program begins practice in June so as to be ready for their participation in the 4th of July Parade. Practice as scheduled, through the summer months. In the Fall the teams train regularly at Birchland School preparing their routines for the fall football games and for the Cheerleading Exhibition at the end of October. High School Cheerleaders volunteer to work with youth program.

Try outs for this program will be scheduled for the end of April. Pre-registration is required. Registration will begin March 24th at the Recreation Department Office.

Register for grade currently in:

Grades 2nd & 3rd 210801 F

Grades 6th & 7th 210801 H

Grades 4th & 5th 210801 G

Registration fee for all levels: \$60



Baby Sitting Training

The East Longmeadow Recreation Department is trying to arrange the details with the American Red Cross to bring a Baby Sitting Certification Course to East Longmeadow . Please watch the Reminder and or the ELCAT channel for new details.

Summer Youth Baseball –Grades 1st - 6th

The East Longmeadow Summer Baseball League is a recreational baseball league for children who have completed 1st—6th grade. This league is meant to be lots of fun with cool uniforms. All youngsters are welcome to play. There are no try-outs, and few practices. Players are encouraged to try every position during the season. Games are scheduled for July week nights only. Team rosters are high to accommodate for family vacations. There will be between 8 and 11 games depending upon the weather. Please register by Friday May 30 so we know how many teams to plan for. Resident will get first priority placement.



- Activity # 110401 A** 1st & 2nd grade
 # 110401 B 3rd & 4th grade All groups
 # 110401 C 5th & 6th grade **Fee: \$55**
 # 110401 D 7th & 8th grade

Fee covers: uniform, balls, ref fees, league fees

U-18 Pioneer Valley Summer Soccer

GIRLS and BOYS who have completed 8th –11th grade are invited to participate in this Summer Soccer Program. **Tryouts** will be scheduled for mid May. Games are scheduled on Weekday nights at 6:30 no weekends. June and July only.



The Boys Division will try to field two teams divided by grade. One Fresh & Soph team, and one Jr. & Sr team. Please register early to ensure two teams.

The Girls Division will have one team but opens practice to all participants. Large rosters will be carried to allow for summer vacations and allow other players the chance to play up. A reduced rate is offered for those who are not on the primary roster. Both divisions are limited to EL residents.

Grades are Fall grades: **Bring Photo to Office**

- Activity # 111805 A** Boys Fresh & Soph Fee: \$ 55
 # 111805 B Boys Jr’s & Sr’s Fee: \$ 55
 # 111805 C Girls All Grades 9 –12 Fee: \$ 55

Fee covers: participants shirt, league fee, and ref fees

Youth Golf Lessons - WEEK LONG PROGRAMS ☆ NEW PROGRAM ☆

New partnership with The Bob Lake Golf Learning Center at Fenway Golf at 112 Allen Street in East Longmeadow. Bob Lake is a PGA Head Professional with 40 years of experience. He enjoys developing new golfers and believes anyone can learn to play golf using a “natural approach to golf.” Session held Monday—Friday

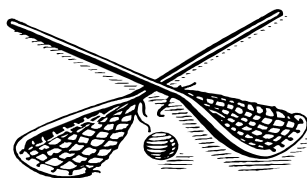
- Activity #** A Grades 1st—4th June 16 –20th 2:00—3:00pm Fee: \$97
 B Graders 4th—8th June 16 –20th 3:00—4:00pm Fee: \$97
 (Make up rain dates 6/23 or 6/24 at 2pm)

- Activity #** C Grades 1st—4th August 18 –22nd 2:00—3:00pm Fee: \$97
 D Graders 4th—8th August 18 –22nd 3:00—4:00pm Fee: \$97
 (Make up rain dates 8/26 or 6/27 at 2pm)





SUMMER SPORTS CLINICS



Backyard All Stars - All Sports Play Days - Birchland 9:00am - 1:00pm

NEW PROGRAM

Crazy fun & games. t-ball razzel dazzle, flag football, kickball, Frisbee golf, knock out, NEW GAMES
Lead by Dan Donovan. Bring water, snacks, sunscreen. Ages 6—10 yrs of age or 1st through 4th grade
Program fee \$100 July 14–July 18 Activity #111810 A



SOCCER (Ages 7-14)– East Longmeadow High School (Monday – Friday – 8:15 am to NOON)

This program is open to boys and girls, age seven (7) to fourteen (14) with emphasis being placed on improving Soccer Skills. Program is supervised by John Coburn. Program Fee is \$100.00 per week or \$190.00 for both weeks.

Session #1 - July 21– July 25 Activity # 111900-A Session #2 - July 28—Aug 1 Activity # 111900-B

Boys LACROSSE (ages 8-14)—East Longmeadow High School - 9:00 -1:00pm

This program is open to youth ages 8 to 17. Participants will be grouped in two based on age and skill. Glenn Maller will be coordinating this program. The program will meet June 25 to June 29 from 9:00 am to 1:00 pm, Monday to Friday. Participants will need stick, gloves, helmet, arm pads, shoulder pads, and mouth guard. Sneakers for inclement weather. Please bring a reversible jersey if one is available. Please bring a lunch and a water bottle.

An additional flyer will be available in the Spring detailing the program.

June 25 to June 29 - Cost for the program will be \$115 for a one week session Activity # 111925-A

Youth FOOTBALL Clinic - Grades 3rd to 8th (Grades in Fall of '08) - East Longmeadow High School

This program is for those who plan to play in the Suburban Youth Football Program. It will aim to strengthen the skills needed to be successful in the Youth program. It will be a one-week session, July 21 to July 25 from 8:00 am to Noon. Participants should bring a snack and plenty of water. Program fee will be \$100.00. Activity # 111975-A

BASEBALL—Birchland Park Middle School—Grades 1st to 6th

This program is open to those in Grades 1 to 5 (current school grade). Dan Donovan is coordinating this program. It will run from July 21st to July 25th from 9:00 am to 1:00 pm. It will aim to strengthen the skills needed to be successful in the baseball program. Bring a glove, drink and snack. Program fee \$110 for the week. Activity # 111800-A

BASKETBALL SHOOTING Clinic For Boys and Girls - Grades 5th - 8th

This one day program is open to Grades 5th - 8th **Girls on Monday July 21st; Boys on Wednesday July 23rd** from 9:00 am to 1:00 pm. This one-day clinic will focus on shooting fundamentals and mechanics. Participants will need to wear sneakers along with appropriate gym attire. Each participant will need to bring a water bottle and snack.

Program fee will be \$50. Activity # Girls (610200-A) Boys (610200-B)

BASKETBALL SKILLS Clinic for Boys and Girls -Grades 6th - 10th

This program will be held Monday - Friday from 9 am to 1pm. Program will be held July 14th - 18th. This one week session is aimed to improve individual skills, younger players will focus on basic skills and older players will work on development of skills by position. Participants need to wear sneakers and proper gym attire. Each participant should bring a water bottle and snack. Cost will be \$120 per participant. Activity # 610200-A

New Programs and/or Suggestions for Improvements in Current Programs

The East Longmeadow Recreation Department is ALWAYS open to suggestions for improving existing Programs and/or for NEW IDEAS for additional programming. We are also **looking for instructors** who have something to teach. If you have any suggestions, please contact the Recreation Director directly by calling 525-5437 or write us at the office address listed on the front cover.

GENERAL INFORMATION & DEPARTMENT POLICIES

YOUTH DROP OFF POLICY

An Adult must check in their child with the instructor or coach on the 1st meeting of a class or sport practice. Participants should NOT arrive more than ten (10) minutes prior to the scheduled start of an Activity, unless so instructed by the Coach and/or Instructor.

Parents should NOT just drop off participants at an Activity; they should make sure that there is adult supervision, before leaving. From time to time, due to any number of circumstances beyond our control or that of the instructor, arrival of the instructor, at the site may be delayed. If an instructor does not show within fifteen (15) minutes of the scheduled starting time, we request that parents take their children home and the class will be rescheduled.

Many of the Recreation Programs are held at the Schools, please obey All Rules set forth by the School and Recreation Departments. See side bar

INSURANCE & LIABILITY WAIVERS

The Town of East Longmeadow does not carry insurance to cover the cost of hospitalization and/or medical costs of persons injured during the course of participation or when attending an event as a spectator. All participants are required to have signed waiver of liability statements on file with the Recreation Department as a condition of participation. The Waiver of Liability statement is printed on the registration form. All spectators attend sporting events do so at their own risk.

NON-RESIDENT REGISTRATION & FEES

Some East Longmeadow Recreation Department administrative are covered by East Longmeadow tax dollars. Therefore, those who are not residents of East Longmeadow will be assessed a surcharge for each program unless otherwise noted. That fee is \$15.00.

USE OF SPORT FIELDS

Town fields are available for recreational use by residents any time they are not permitted for organized sport or league play. Please contact the Recreation Department in order to permit a field for any scheduled sport activity. The Field Scheduling fee is \$10 per game. The Heritage Park Pavilion can be reserved by contacting the DPW directly 525-5400.

PHOTO POLICY

The Department reserves the right to photograph program participants for publicity purposes. If for any reason you do not want to be photographed, please notify the



SPECIAL SERVICES

The East Longmeadow Recreation Department is committed to providing for all participants. Most of our programs are accessible. Please indicate the type of disability on your medical form and we will make every effort to have accessible accommodations available. If your disability requires an attendant, please contact the Recreation Director to determine if your attendant must pay the registrations fees.



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ARE YOU A POTENTIAL INSTRUCTOR?

Do you have a talent or interest?

Would you like to teach a program for the East Longmeadow Recreation Department?

Fill out the form and return it to the Recreation Department, 328 North Main Street or Call 525-5437.

Include course outline.

Name: _____ Phone: _____

Address: _____

Describe Class: _____

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BUILDING RULES

1. Smoking is NOT permitted in any building and/or school grounds.
2. Food and Drink are prohibited in all areas.
3. Individuals whose language and/or behavior is deemed inappropriate will be removed from the program.
4. Persons doing physical damage to the facility will be held financially responsible.
5. Children will not be allowed to attend programs, unless specifically designated "Family". Nor should they wait unattended outside the activity.
6. Parents who wish to observe youth programs are encouraged to do so on the first and last day. Other arrangements may be made through the Program Staff.
7. Concerns and problems relating to the program, staff and/or facilities should be directed to the Recreation Director immediately.

LOCKER ROOMS

1. Children under the age of six (6) MUST be supervised by an adult.
2. Children six (6) & up MUST use locker rooms of the appropriate gender.
3. Please LIMIT the time for taking showers.
4. No locks can be left overnight, as school personnel will remove them.

GYM RULES

1. Only appropriate gym attire is to be worn.
2. Clean, NON-MARKING gym shoes are permissible.
3. Footwear MUST be WORN at all times.
4. No street clothes are allowed at any time.

POOL RULES

1. A shower is required before entering the pool.
2. Proper bathing attire is required. No cutoffs.
3. Follow all RULES & REGULATIONS posted in the pool area.
4. No Flotation devices are allowed.
5. Please obey LIFEGUARDS at all times.
6. Please be courteous to fellow swimmers.
7. During Family Swim, an adult MUST be in the area to supervise children under the age of 14.



GENERAL REGISTRATION INFORMATION

Registration for programs can be completed in person at the Recreation Department, 328 North Main Street in East Longmeadow. Children under 18 must have the registration form signed by their parent or guardian as it includes a liability waiver.

However **Mail-In Registration** saves time waiting in line.

Registration and Medical Forms are available 3 ways:

1. On line at eastlongmeadow.org under Recreation
Or at eastlongmeadowma.gov under Recreation
2. Pick up at the office 8am -4pm Mon -Fri
3. After hours pick up outside the office door in the Pleasant View building when the building is open for programs or meetings.



Please follow the following steps:

1. Fill out the Application Form completely. Multiple children and programs can be listed on the same form. Fill-in the appropriate fees and total all fees at the bottom of the form.
2. Medical Forms must be completed on all new participants. Birth Certificates must be on file.
3. **Make checks payable to: "Town of East Longmeadow"**
4. Mail registrations to: East Longmeadow Recreation Department
328 North Main Street
East Longmeadow, MA 01028
5. You will receive a confirmation receipt once the registration is processed into the computer. Additional information you may need to participate in the selected program(s) could be mailed along with the confirmation or under separate cover.

REFUND POLICY

Full refunds are granted only if the program is canceled, the participant did not make the team based on try-outs or if the participant withdraws before the program begins. There will be a service charge of \$5.00 for participants that withdraw the first quarter of a program. Requests to withdraw later will result in a pro-rated refund. No refunds are granted once a program is closed. A complete copy of the refund policy is available at the Recreation Department.

FALL SPORTS PROGRAMS-2008

FOOTBALL PROGRAM

This program is offered to those in Grades 3rd to 8th (Grade in the Fall of 2008) and is a tackle football program. Teams compete in the Suburban Football League. Registrations will be taken beginning May 1st. A parent's signature, registration fee and Birth certificate will be required at the time of registration. Equipment will be issued during the first week of August, with practices beginning during the week of August 4th.

Grades 3 & 4 (211000), Grades 5 & 6 (211001) Grades 7 & 8 (211002)

PIONEER VALLEY SOCCER

Registration for the **Fall PV Soccer Program** will be taken beginning in April and will conclude by the end of May.

Registration for **In Town Program** will also be taken but will be extended into the Summer. Specific registration information, which will include age groups and fees will be distributed in the Fall Flyer.

FIELD HOCKEY

Interested in learning a new sport? First time players are encouraged to register.

Grades 3 & 4 (111501-A), Grades 5 & 6 (111501-B) Grades 7 & 8 (111501-C)

Registration will begin in April and close early July. Season begins the end of August.

**Watch for the Fall Flyer which will be distributed through the
East Longmeadow Schools in the Spring
Call the Office for additional information 525-5437**



Additional Program Notes

Non-Resident Registration

Some Programs are closed to non-residents due to the limited number of spaces. Please register early and ask the Department staff regarding the availability of slots for non-residents.

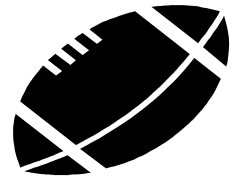
Non-residents are invited to enroll in Pine Knoll Programs

Non-Resident Fee
\$15.00 per program session.

PHONE MESSAGES

Call 525-5437, after
4:00 p.m. for a
listing of all programs
scheduled for that
evening or for
cancellations

Messages can be left on the
office phone after hours



Registration Form here

EAST LONGMEADOW RECREATION DEPARTMENT

SPORT CODE OF CONDUCT

Children's sports are supposed to be fun for the *children*. Unfortunately, many parents, fans and coaches don't realize that their actions, whether verbal or nonverbal, can have a lasting emotional effect on children. Too many children are leaving sports activities because the fun is unfairly taken away by adults.

That is why the **National Youth Sports Safely Foundation (NYSSF)**, a non-profit educational organization dedicated to promoting the healthy development of youth in sports, in conjunction with the Massachusetts Governor's Committee on Physical Fitness and Sports, convened a consensus meeting with representatives from more than thirty, sports, medical, educational and professional organizations to create a **Code of Conduct** upon which this one is modeled for parents and spectators to abide by at every E.L. game home or away. The Sport Code of Conduct can also be found at www.eastlongmeadowma.gov Parents, family members, fans and coaches who follow this simple code can help reinforce what sports are all about..... **FUN FOR EVERYONE!!**

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and SIX core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I and my guests will not force my child to participate in sports
2. I and my guests will remember that children participate to have fun and that the game is for youth, not adults.
3. I and my guests will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I and my guests will learn the rules of the game and the policies of the league.
5. I and my guests will be positive role models for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting events.
6. I and my guest will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I and my guests will not encourage any behavior or practices that would endanger the health and well being of an athlete.
8. I and my guest will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I and my guest will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, gender or ability.
10. I and my guests will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I and my guest will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I and my guest will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. I and my guest will emphasize skill development and practices and how they benefit my child over winning, I and my guests will also deemphasize games and competition in the younger age groups.
14. I and my guest will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I and my guest will respect the officials and their authority during games and I and my guests will never question, discuss, or confront coaches or officials at the game field, and I and my guests will take time to speak with coaches at an alternately agreed upon time and place.
16. I and my guests will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I and my guest will refrain from their use at all sports events.
17. I and my guest will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

I also agree that if I or my guests fail to abide by the aforementioned rules and guidelines, I and my guests will be subject to disciplinary action that could include, but not limited to the following nor must the disciplinary action be issued in the below sequence:

- Verbal warning by official, head coach, and/or head of league or organization
- Written warning by head of league or organization
- Game suspension with written documentation of incident kept on file by organization(s) involved
- Game forfeit through the official or coach
- Season(s) probation and or Season(s) suspension of spectator privileges by head of league and or organization
- Please see the **Violence in Youth Sports Policy** regarding consequences. It is available at the Office or online.

Print Name: _____ Signed: _____ Date: _____

Print Name: _____ Signed: _____ Date: _____

East Longmeadow Recreation Department - Program Registration Schedule

All Subject to change

Fall Sports (Aug-Sept) Registration Begins Registration Ends

Soccer		
In-town	Late April	End of June
Pioneer Valley	Late April	Early June
Field Hockey	Early May	Mid July
Football	Early May	End of July
Cheerleading	Early May	End of June

Winter Sports (Oct-Mar) Registration Begins Registration Ends

Basketball		
In-town	Early September	Early October
CYO	Early September	Early October
Suburban	Early September	Early October
Winter Cheer	Early September	End of December
Competitive Swim	Early September	Mid October

(October – February)

Summer Programs Registration Begins Registration Ends

Season (June – August)		
Tennis Program	Early February	Start of session Or when capacity is reached

Pine Knoll

Activity Center	Early February	Start of session Or when capacity is reached
Pine Knoll Facility	Early February	August
Family Membership		

Sport Clinics

	Begin February	Start of last session Or when capacity is reached
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Swim Lessons

	Begin February	Start of last session Or when capacity is reached
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Spring Programs Registration Begins Registration Ends

Season of Play (April - June)

Soccer		
In-town	January	Mid March
Pioneer Valley	January	Early February
Baseball		

In-town	January	March
Travel	January	March
Boys Lacrosse	January	March
Girls Lacrosse	January	March
Girls Softball	January	March
Swim Lessons	January	Start of last session Or when capacity is reached
March –April		

Stroke and Turn Clinic January Early March
On going Programs Adult Aerobics Classes - 10 week cycles

POSTAGE

East Longmeadow Recreation Department
 328 North Main Street
 East Longmeadow MA 01028